

Yoga exercises **BSON/ BBAI** training and all additional training activities in period 2018/2019 starting from September 2018.

Purpose: increase agility, enlarging muscle length, focus;

Perform: deep inhale, exhale slowly in 5 seconds, also in case the other side of the body should be worked on too.

These exercises should be done prior to and fully or partly after all training sessions in the working order as shown. Afterwards the exercises from 10 -

Ex 1



Ex 2



Ex 3



Ex 4



Ex 5



Ex 6



Ex 7



Ex 8



Ex 9



Ex 10



EX 10



Ex 11



Ex 12



Ex 13



Ex 14



Ex 15



Ex 16